



Get Up and Get Going!

- Wear a comfortable pair of sneakers that don't hurt your feet.
- Take a 10-minute walk three times a day.
- Did you know that 2000 steps burns 100 calories?
- Gardening and playing with children are both fun ways to exercise.
- Look for parking spaces that aren't right by the front door of the store.
- Forget the elevator. By just taking the stairs, you'll get a workout without even thinking about it.
- Stand up and touch your toes 10 times, three times a day.
- Get out and jump rope, line dance or play basketball; these are all great exercises.



**For more information:
Toll Free**

1-866-369-9333

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